PRECISION

Thank you for purchasing the Precision Ice[®] Control Unit with Knee Wrap. This is one of the most advanced systems for promoting the rapid healing of injuries and trauma by enhancing the lymphatic drainage system and reducing edema (swelling).

OVERVIEW

Precision Ice[®] works by using a patented system that stimulates the movement and drainage of fluid using hydrostatic pressure in the interstitial tissues with the ability to simultaneously apply steady and intermittent cold therapy to injured areas. The system is designed to boost the body's immune response, reduce pain and swelling, and generally rejuvenate body tissue.

Pro Trainers' Choice[®] Company, Inc. is proud to offer products designed and constructed with an uncompromising goal of high quality and customer care.



The Precision Ice[®] Control Unit

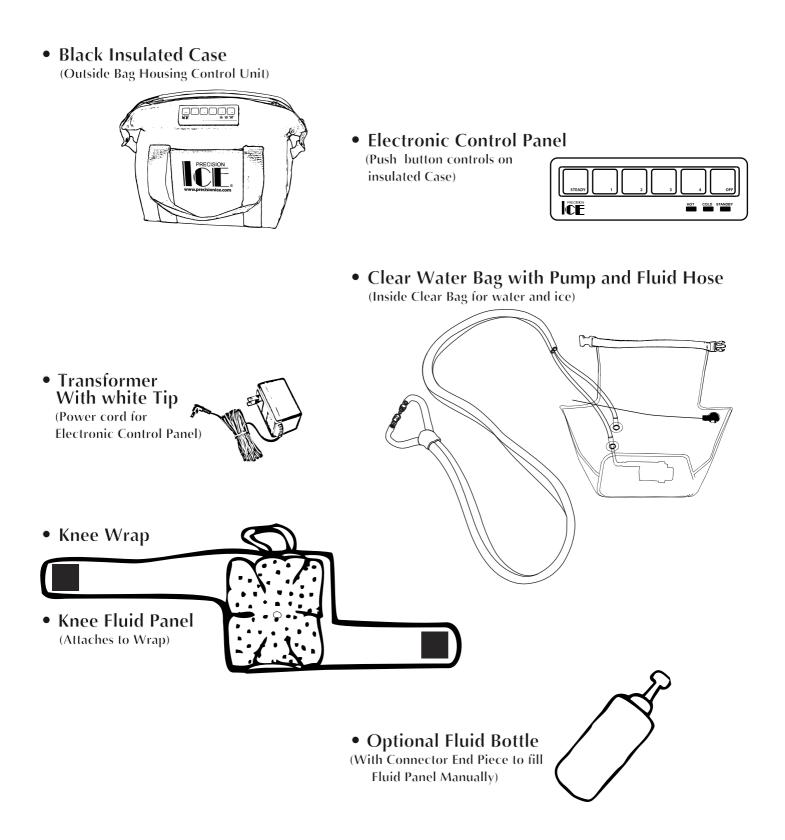
Model PB6000 Owner's Manual & Reference Guide

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Precision Ice[®] Components One-Patient-Use Control Unit and Knee Wrap



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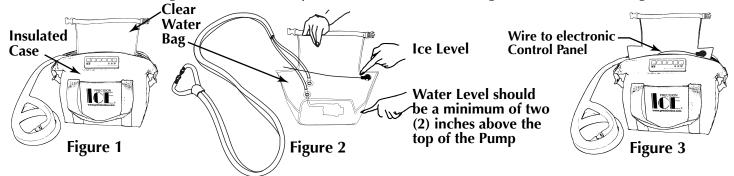
PRECISION ICE®

OPERATING INSTRUCTIONS FOR CONTROL UNIT

Here are a few simple steps to get you started with your Precision Ice® System.

PREPARING THE INSULATED CASE AND WATER BAG

- 1. Unzip and open the Control Unit's Black Insulated Case. This outer bag is for insulation purposes only and is moisture resitant but not waterproof. Do not put water or ice directly in this bag. (Figure 1).
- 2. Locate the clear bag inside with a Pump; this is the Clear Water Bag for water and Ice. (Figure 2).



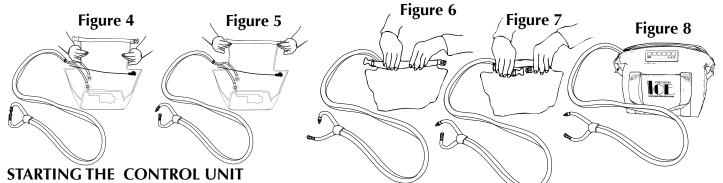
- 3. Remove the Clear Water Bag from the Insulated Case and place on a flat surface, or you can leave it inside the Black Insulated Case. (Figures 1 & 2)
- 4. When removing, be aware not to pull or put strain on the electrical wire attached to the Electronic Control Panel.
- 5. Unfasten the black clips at the top of the Clear Water Bag if connected and open the bag.
- 6. Fill the Clear Water Bag with water at least two inches (2") <u>ABOVE</u> the top of the Pump sitting in the bottom of the Water Bag. It is important to make sure the Pump is covered with water at all times when operating.

7. DO NOT OPERATE THE CONTROL UNIT WITHOUT WATER IN THE WATER BAG OR IT WILL DAMAGE THE PUMP.

- 8. Next, **if instructed to use ice by a qualified medical professional**, it is recommended to test temperature of the Fluid Panel on your body to determine if it's cold enough with water only, before you add any ice to make it colder; it is important to remember everyone has a different sensitivity to coldness. The Water Bag can be filled with ice in the water up to the point where the bag narrows.
- 9. If you took the Clear Water Bag out of the Black Insulated Case to fill, put it back into the Black Insulated Case once prepared. Make sure the wire between the Pump and Electronic Control Panel is facing the front of the Black Insulated Case with the Electronic Control Panel. (Figure 3)
- 10. If you chose to leave the Clear Water Bag inside the Black Insulated Case during filling, be careful to wipe the inside of the Black Insulated Case dry with a clean towel if you inadvertently spill water or ice inside it.

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- 11. Gently squeeze the air from the Clear Water Bag and flatten the top part. (Figure 4)
- 12. Take both ends of the Webbing along the top of the Clear Water Bag and lightly lift it up. (Figure 5)
- 13. While holding the Clear Water Bag closed, roll down the top Webbing approximately five (5) times and then reconnect the black Clips at each side of the Webbing top to close and ensure a secure seal and prevent leakage. (Figures 6 & 7)
- 14. Connect the Fluid Hose to the Clear Water Bag; make sure you connect the end of the Fluid Hose that does not "Y" into the Clear Water Bag Connectors. (Figure 8)
- 15. The Fluid Hose should come out of the Black Insulated Case on the left side of the top with the Electronic Control Panel forward as shown. (Figure 9)
- 16. Zip the Black Insulated Case closed; you can snap both sides down or leave as is. (Figure 8)



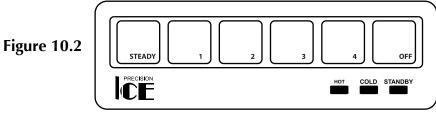
- 1. The power cord supply for the Control Unit consists of a small plastic housing with a Transformer cord that plugs into a wall socket at one end, and where the other end of the cord with white tip plugs into the `left side of the Electronic Control Panel on the Insulated Case. (See figure 10.1)
- 2. For safety, ensure the detachable cord is firmly connected to the Electronic Control Panel's plastic housing first, and then plug the Transformer directly into an electrical wall socket.
- 3. The Control Unit is ready to be used when the green light is on.
- 4. Place the Wrap on the knee before connecting to the Control Unit Fluid Hose. (See "Knee Wrap and Fluid Panel Application" page 9)
- 5. Connect the "Y" end of the Fluid Hose to the Wrap placed properly on the knee. (See "Y" end of the Fluid Hose, Figure 8 above)
- 6. To start the Control Unit push the "STEADY" button and run for approximately one (1) minute while the Fluid Panel fills fully; once filled, make any necessary Wrap pressure adjustments. (See "Knee Wrap and Fluid Panel Application" page 9)
- 7. Once the Fluid Panel is completely filled with water and the Wrap has been adjusted to fit properly, push any of the other five (5) button options desired to determine the appropriate flow speed; the intermittent speed varies for each button (Page5).

STEADY	1	2	3	4	OFF
			H	OT COLD	

Figure 10.1 Electronic Control Panel

CONTROL UNIT OPERATION & ELECTRONIC CONTROL PANEL

- 1. Once the Control Unit is plugged into an electrical outlet, the red "OFF" button lights up along with the green "STANDBY" indicator light. The Unit is now ready to operate. (See the Electronic Control Panel -- Figure 10.2)
- 2. The "STEADY" button setting should always be used when first starting up the Control Unit. This ensures that the Wrap is properly inflated for maximum effectiveness prior to starting any intermittent operation. (See "Starting the Control Unit" Page 4, number 6)
- 3. Once the preparation is completed and water has been added to the system (see "Preparing the Black Insulated Case and Clear Water Bag" -- Page 3, number 6). Then select the "STEADY" button to fill the Fluid Panel; the "STEADY" button will light up green when in use as the indicator lights for "COLD" and "STANDBY" turn red. (Please note: The "HOT" indicator light is inactive on this model.)
- 4. When ready to begin use, intermittent operation can be selected by pushing and holding the selected operation button for two (2) seconds. When changing to a new setting, the Pump will exert a steady flow before shifting into the chosen individual timing:



"STEADY" button: Steady flow with automatic shut off after 20 minutes;

1 button: Alternating 3 seconds on and 4 seconds off;

2 button: Alternating 4 seconds on and 5 seconds off;

3 button: Alternating 5 seconds on and 6 seconds off;

4 button: Alternating 6 seconds on and 7 seconds off;

"OFF" button: Operation is stopped.

5. ALWAYS CONSULT A QUALIFIED MEDICAL PROFESSIONAL TO DETERMINE CORRECT APPLICATION FOR USER. IT IS IMPORTANT TO USE STANDARD PROTOCOL OF ALTERNATING TWENTY (20) MINUTES OF COLD ON, FOLLOWED BY THIRTY (30) MINUTES OFF.

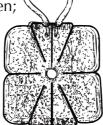
- 6. Select the appropriate button for the intermittent cycle duration that allows the Wrap's Fluid Panel to fully pressurize and then pause alternately, creating the intermittent flow and movement. Longer cycle durations should be used with the larger Wraps, however depending on the time period you have a Wrap on, using the system for the longer duration cycles will lower the temperature.
- 7. All button times can be used on any Wrap's Fluid Panel to meet the user's treatment **PRESCRIBED BY THE MEDICAL PROFESSIONAL**. When selecting buttons "1 through 4", the selected button will light up green when operating at the same time as the "COLD" and "STANDBY" lights turn red.
- 8. Note that the Wrap may not get as cold using intermittent operation as it will when using the "STEADY" setting during preparation. It is the intermittent flow that enhances the body's natural lymphatic movement and reduces swelling, and the cold that helps reduce pain.

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Owners' Manual

FILLING FLUID PANEL FOR USE WITHOUT CONTROL UNIT

- 1. The Wrap can also be used independently of the Control Unit by filling the Fluid Panel (Figure 11) manually with water and then placing it in the freezer; this will make the Fluid Panel very cold and similar to using ice directly on the body. **IT IS IMPORTANT TO USE STANDARD PROTOCOL OF ALTERNATING WITH TWENTY (20) MINUTES OF COLD ON AND THIRTY (30) MINUTES OFF.**
- 2. Squeeze water from the optional Fluid Bottle into the Fluid Panel; the Fluid Bottle is equipped with a Connector End piece that mates with the Fluid Panel's white Connector End. (Shown in Figure 11)
- 3. While adding water to the Fluid Panel, ensure that air is not added to the system, by inverting the Fluid Bottle (turning it upside down) to keep the air rising into the bottom end of the Fluid Bottle and farthest away from the spout Connector End outlet prior to connection. (Figure 11)
- 4. If desired for colder use, disconnect the Fluid Panel from the Fluid Hose and carefully remove it from the Wrap (See "Wrap Maintenance" – Page 10, number 3). Connect the white Connector End pieces of the Fluid Panel into each other, and then place the Fluid Panel alone into the freezer for: Figure 11
 - 20 to 30 minutes for cold and pliable;
 - 30 to 60 minutes for cold and more frozen;
 - 1 hour for cold and frozen like ice.
- 5. If Fluid Panel is frozen, before placing on the knee maneuver it in such a way as to bend, crush and fold along the solid lines between the six dotted sections, to better fit the knee as needed. (See Knee Fluid Panel)



Knee Fluid Panel

- Always monitor comfort and sensitivity to cold periodically on injury site and skin. Place a towel or garment on skin beneath the Fluid Panel so it is not in direct contact with the user's skin surface. (See "Cooling with Ice and Water in Control Unit" – Page 8)
- 7. The Fluid Panel can also be frozen longer, however it is best to fill with a solution of one (1) part 70% Isopropyl Rubbing Alcohol to ten (10) parts water to prevent over-freezing. Again, place a towel or garment directly on the skin surface beneath the Fluid Panel and monitor comfort and sensitivity to cold.
- 8. IT IS IMPORTANT TO KNOW THAT SOLIDLY FREEZING THE FLUID PANEL WITH WATER ONLY MAY DAMAGE THE QUALITY OF THE FLUID PANEL AND ITS ABILITY TO PRESSURIZE CORRECTLY OR MAY CAUSE LEAKAGE.
- 9. NEVER USE A FROZEN FLUID PANEL DURING OPERATION WITH THE CONTROL UNIT AS IT WILL PREVENT CIRCULATION AND DAMAGE THE PUMP.

Air

TO STOP USE OR TO RE-USE CONTROL UNIT WITH ICE AND/OR WATER

- 1. Push the "OFF" button to stop the Control Unit.
- 2. Disconnect Transformer from the wall socket, and then the Electronic Control Panel.
- 3. Disconnect Fluid Hose from the Wrap and Clear Water Bag.
- 4. Connect the Wrap Connector End pieces into each other when not using with Control Unit to prevent leakage. Do the same with the Fluid Hose Connector End pieces at the "Y" end of the Hose.
- 5. Prepare Control Unit for further use as needed; re-fill the Clear Water Bag and then reconnect the Control Unit to the Wrap with the Fluid Hose and restart the Control Unit for the next treatment.
- 6. If ready to store Control Unit, please follow instructions under "Control Unit Maintenance". (Page 11)

FLUID HOSE CONNECTORS

- 1. Press the metal latch on the white Connector Ends when connecting or disconnecting Fluid Hoses. Ensure the metal latch is pushed in prior to attempting to connect the Hoses.
- 2. Ensure that the Fluid Hoses are fully mated when making Wrap connections or otherwise connecting Hoses together. Push in the metal latch on the white Connector (Figures 12 & 13) and press white Connectors together until the bodies of the Connectors are seated together as shown. (Figure 14)
- 3. Incorrect connections will result in non-functioning Wraps and can cause damage to the Pump in the Control Unit.



Figure 12: Tubing connections disconnect by pressing the metal latch on the side of the connector.

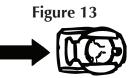


Figure 14

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COOLING WITH ICE AND WATER IN CONTROL UNIT

- 1. Note that the Precision Ice[®] Wraps will not reach the same temperature that would be felt if applying ice directly to the body. The temperature achieved by Precision Ice[®] Wraps with ice and water in the clear Water Bag of the Control Unit is sufficient to provide therapeutic benefit without the potentially tissue damaging temperatures reached by applying ice directly.
- 2. Depending on user's sensitivity to coldness, place a towel or garment on user's body part directly underneath the Fluid Panel when operating the Control Unit with ice in the Water Bag.
- 3. Every person has their own individual sensitivity to cold. If using for the first time or not experienced with the system, do a test to see if cold water only is cold enough before adding ice. Ice can be added to increase coldness and meet personal comfort level. PLEASE TEST USE WITH AND WITHOUT ICE TO DETERMINE YOUR SENSITIVITY LEVEL for the treatment program prescribed by a Medical Professional.
- 4. Check injury site regularly and STOP if there is pain or discomfort and contact a Medical Professional immediately. ALWAYS FOLLOW A QUALIFIED MEDICAL PROFESSIONAL'S INSTRUCTION AND GUIDELINES.
- 5. The cooling effect of the Wrap may be diminished when using intermittent operation due to the pause interruption of the delivery of water. At any intermittent setting, the amount of water being delivered to the Wrap will be cut in half. A setting should be chosen that optimizes the desired effect and result. (See "Control Unit Operation & Electronic Control Panel" -- Page 5, number 4 & 5)

CONTROL UNIT USE WITH WATER ONLY

- 1. Important Note: If a qualified Medical Professional prescribes use of the Control Unit for longer periods of time, always use the intermittent operation with water only and NO ICE; or add only a small amount of ice if instructed to do so by a qualified Medical Professional.
- 2. The Precision Ice[®] System can provide beneficial lymphatic drainage treatment with only water added to the system (without ice). The coldness of adding ice is done so only to break the pain cycle; it is the intermittent movement that directs the reduction of swelling from the injury site.
- 3. If cold therapy is desired, water and ice must both be added. Additionally, if mobility is of importance, the Wrap can be pressurized with the optional Fluid Bottle to continue providing benefits of enhanced lymphatic flow. (See "Filling Fluid Panel for Use without Control Unit" Page 6)
- 4. For instruction and demonstration, talk with the DME (Durable Medical Equipment provider), a doctor or qualified health care professional.

PRECISION ICE®

KNEE WRAP AND FLUID PANEL APPLICATION

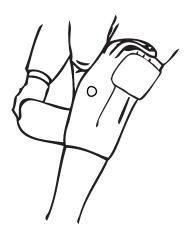
- 1. The Knee Wrap and Fluid Panel are specially designed to assist in the activation of lymphatic drainage while applying cold temperature to injured areas.
- 2. It is the unique design of the Fluid Panel housed in the Wrap that is the key to the beneficial effects realized through use of the system. It is the low-force, differential pressure that enhances the natural action of the lymphatic system to reduce toxins, bacteria, and excess fluid in the location of treatment, improving the overall health of the area.

FLUID PANEL PLACEMENT

- 1. The Fluid Panel has two Hoses with white Connector End pieces that slide through slits in the Wrap in order to connect into the mating Connector End pieces at the "Y" end of the Fluid Hose. The Fluid Panel has Velcro[®] strips that attach to mating Velcro[®] surfaces on the inside of the Knee Wrap which houses the Fluid Panel that water passes through when placed on the user.
- 2. To separate the Fluid Panels from the Wrap, grasp the Velcro[®] strips on the Fluid Panel and Wrap as close to the Velcro[®] strips as possible and GENTLY pull the strips apart one at a time, being careful to prevent the Velcro[®] strips from tearing off of the Fluid Panel.

KNEE WRAP POSITIONING

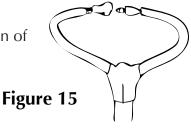
- Position the Wrap with the hole in the center over the patella (knee cap). Use a finger placed through the hole and in contact with the knee cap to assist in maintaining proper alignment while applying the Wrap.
- 2. Once positioned, secure the two Straps to obtain a snug, comfortable fit.



Important Wrap Note: Pressure applied to the leg should be greatest at the end below the knee and slightly less at the end above the knee. This ensures that fluid moved from the treatment area moves in the direction of natural lymphatic drainage and does not accumulate farther down the limb. THIS IS CALLED DISTAL TO PROXIMAL PRESSURE; greater pressure at the more distant end point from the body than the proximal end or closer point to the torso.

STORING CONTROL UNIT AFTER USE

- 1. When finished using the Precision Ice® Unit, turn the Control Unit off by pressing the "OFF" button on the Electronic Control Panel.
- 2. The Wrap can be detached from the Fluid Panel, washed in cold water and drip dried. DO NOT PUT WRAP IN DRYER.
- 3. Disconnect the Fluid Hoses from the Wrap and connect the male/female Connector Ends of Fluid Hose to each other to prevent leakage (Figure 15).
- 4. Care must be taken when handling Wrap to prevent the separation of the Fluid Panel from Wrap if this is not desired.
- 5. Remove the attached Water Bag outside of the Black Insulated Bag or leave it sitting inside, and empty all ice and water.



6. Clean and wipe dry the Water Bag and Insulated Bag inside and out before storing. Store in a cool and dry environment. Lightly use a disinfectant spray and let air circulate through the system periodically to prevent mold from moisture when storing.

MAINTENANCE

WRAP MAINTENANCE

- 1. Precision Ice® Wraps are designed for One-Patient-Use only, and are **NOT TO BE USED OR RE-USED ON MORE THAN ONE PATIENT FOR HYGIENIC PURPOSES.**
- 2. The Wrap can be detached from the Fluid Panels, washed in cold water and drip dried. DO NOT PUT WRAPS IN DRYER.
- 3. Care must be taken when handling the Precision Ice® Wraps to prevent the separation of the Fluid Panels from the Wraps if this is not desired.

FLUID PANEL MAINTENANCE

- 1. The Fluid Panels can be sponged off with a mild detergent and/or disinfectant spray; DO NOT MACHINE WASH OR DRY THE FLUID PANELS.
- 2. Make sure Fluid Panels are completely dry before storing between uses. One (1) part 70% Isopropyl Rubbing Alcohol to four (4) parts water makes a good disinfectant spray to clean Fluid Panels after use.

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CONTROL UNIT MAINTENANCE

- 1. The fabric of the Control Unit can be cleaned with a damp cloth. Be careful not to spray cleaners or other liquids around the Electronic Control Panel.
- 2. Clean the system by flushing disinfectant solution of one (1) part 70% Isopropyl Rubbing Alcohol to four (4) parts water through the system, allowing the Control Unit to run water through the Wrap with the "STEADY" button for one 20 minute cycle on "STEADY". Afterwards, clean the rubbing alcohol solution out of the Clear Water Bag with plain water.
- 3. If the water level is allowed to get too low, the Fluid Panels will not pressurize and provide the desired result. Damage to the Pump may also occur if water does not cover the Pump at all times during operation.
- 4. When storing the Precision Ice® system, leave the Black Insulated Case and Clear Water Bag open periodically so that air can circulate.
- 5. Air out the Wrap and Fluid Panel occasionally to prevent mold from developing in case moisture is present in the system. If mold develops, clean out well with disinfectant cleaner and hot water.

TROUBLESHOOTING GUIDE

CONTROL UNIT FAILS TO OPERATE

1. If the Control Unit fails to operate, turn the power ON and OFF a few times. This will attempt to reset the Electronic Control Panel.

PUMP MAKES STRAINED NOISE

- 1. Stop the Control Unit.
- 2. Ensure water is covering the Pump.
- 3. Clean the system by flushing disinfectant solution (1 part 70% Isopropyl Rubbing Alcohol with 4 parts water) through the system, allowing the Control Unit to run for one 20 Minute cycle on "STEADY". Afterwards, clean the rubbing alcohol mixture out of the Clear Water Bag with plain water.

FLUID PANEL FAILS TO PRESSURIZE

- 1. Check that Connectors are properly and completely fastened between the Control Unit and the Wrap.
- 2. Look to see that no foreign objects are present in any of the tubing or connections.
- 3. Ensure there are no kinks in the Tubing.

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- 4. Check the water level in the ; lear Water Bag ensuring the water level does not drop below the Pump while in operation.
- 5. If water appears low in the Fluid Panels add more water by follow the filling procedures. (See "Preparing the Black Insulated Case & ; lear Water Bag" -- Page 3, Number 6; or see "Filling Fluid Panel for use without Control Unit" Page 6, Numbers 2 & 3)
- 6. Test that the Pump is operational; verify audibly. If Pump does not operate smoothly and sound quiet and there is no fluid pressure, turn the system off. Check fluid level over the Pump again if low, Pump could have taken in air; add water and try again.
- 7. Move the Fluid Hose and Wrap around as necessary to ensure a steady flow of water circulates through the system. It may be necessary to remove the Wrap and hold the Fluid Panel firmly while gently shaking it to free any air pockets.
- 8. Push the "STEADY" button to test and pressurize the Wraps. Check settings and select an intermittent duration (buttons "1 through 4") that is long enough for the Wrap and Fluid Panel to pressurize during the "ON" cycle.

TOO COLD

- 1. In cases where the cooling application seems too cold for the user's sensitivity, make sure the Control Unit is operating with water only and there is no ice in the clear Water Bag.
- 2. Make sure the Fluid Panel connected to the Wrap is not directly on the user's skin surface. Place a towel or garment on skin beneath the Fluid Panel so it is not in direct contact with the user's skin surface.

NOT COLD ENOUGH

- 1. Check the Water Bag; ensure the water flow is moving freely between the Pump, Fluid Hose, Connector Ends and Fluid Panel attached inside the Wrap.
- 2. If using ice, check to see if ice has melted and needs to be replaced.
- 3. If using only water, run a test by gradually adding a small amount of ice as needed to reach a comfortable operation temperature for user (as prescribed by a qualified Medical Professional).

If problems persist contact your DME or Health Care Professional directly; or call Manufacturer's Technical Support at 360-297-3902.

- 1. Manufacturer hereby disclaims all manufacturing warranties, expressed or implied. This product is intended for use only under the care and supervision of a qualified medical professional. Manufacturer makes no claims regarding the therapeutic use of the product except under the supervision of a qualified medical professional.
- 2. The use of this product is controlled by medical guidelines provided by a qualified medical professional ONLY and should be used within standard medical guidelines as directed by your medical professional. Please use great care in applying any Manufacturer Wrap and Fluid Panel; Users should take care in applying cold therapy with this product and comply with medical guidelines as provided by their medical professional.
- 3. In no case should cold therapy be used beyond the recommendations of the medical professional directing the use of the equipment. Under no circumstances should the Control Unit be used for more than 20 continuous minutes on and followed by 30 minutes of no operation before reapplying, unless specifically authorized by a doctor or medical professional. No continuous use beyond 20 minutes for cold therapy is authorized by manufacturer.
- 4. Manufacturer will repair or replace (at Manufacturer's sole discretion) all defective parts, materials, or workmanship for the Precision Ice Model PB6000 Control Unit with Wrap and Fluid Panel for ninety (90) days from the original date of shipment. Rental Control Units have only a 30 day warranty.
- 5. This express warranty does not apply to damage or malfunction caused by the intentional or negligent acts of the user. Failing to follow proper maintenance procedures including specifically maintaining full fluid levels in fluid panels and fluid reservoir will void warranty.
- 6. Repaired or replacement product due to Manufacture defect is shipped by way of UPS Ground Service at Manufacturer's expense. Manufacturer reserves the right to use another carrier of its choice. Expedited shipping is available at Customer's expense.
- 7. Manufacturer reserves the right to replace rather than repair product. No repair or replacement outside of initial warranty for the Control Unit is provided.
- 8. No one other than a manufacturer's authorized repair service center is qualified or approved for any product repair. Any non-authorized repair work performed by a user or any other third party, immediately voids all implied or express product warranties and will be regarded as an unauthorized alteration of the product design.
- 9. Using manufacturer's operating device or components in conjunction with or interchanging with any operating device or component other than those provided by Pro Trainers' Choice [®] Company and Precision Ice[®] system(s) may be harmful to the end user, and doing so is against manufacturer's policy and will void all implied and express warranties.
- 10. Any alteration or modification of use in whole or in part may be harmful to the end user of this product and is unauthorized by Pro Trainers' Choice[®] Company, Inc. as manufacturer of Precision Ice[®] products.
- 11. Unauthorized parts may change pressures and increase heat or cold patterns to cause injury to end users, inhibit therapeutic benefits, or damage property.
- 12. Precision Ice[®] devices and components are intended only for use for controlled cold therapy and lymphatic therapy as prescribed by a qualified medical professional and only while in use with manufacturer's system devices and components.

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MEDICAL INSTRUCTIONS AND SAFETY WARNING!

- 1. ALWAYS CONSULT A MEDICAL PROFESSIONAL PRIOR TO USING PRECISION ICE[®] PRODUCTS OR ANY OTHER TREATMENT METHOD.
- 2. Closely follow only the instructions prescribed by a qualified Medical Professional for all Pro Trainers' Choice® Company, Inc. and Precision Ice® Products.

MANUFACTURER CONTACT INFORMATION

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